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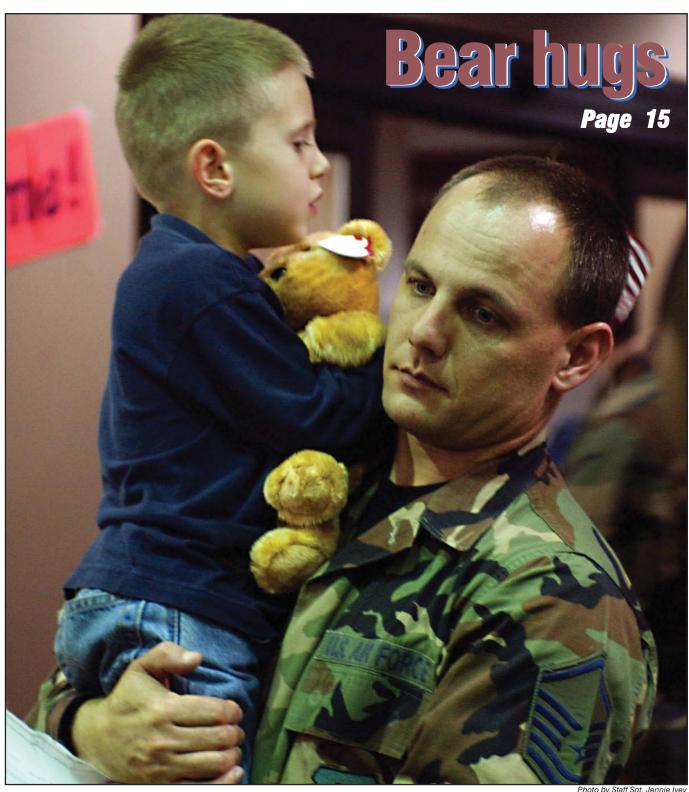


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## **CYCLING**

**Charleston pedals way** to improved health

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Master Sgt. Steven Foster, 437th Mission Support Squadron Air Force Aid officer, helps family members from Incirlik AB, Turkey, at Charleston International Airport, S.C., March 21. Family members and non-esssential civilian personnel had the option to voluntarily leave Turkey due to security concerns in Southeast Turkey.

## COMMENTARY



By Col. Brooks Bash

437AW commander

Just when it seems the people of Team Charleston could not possibly impress me more, it happens again.

#### Repatriation

This week I was awed by the extraordinary effort of everyone involved in receiving the families repatriating from Incirlik AB, Turkey. I marveled at what the people of Team Charleston can accomplish. I am proud of the way active duty, Reserves, civilians, family volunteers and community members came together late in the week to make the return first class for the families leaving Turkey. **Lt. Col. Brad Barnett**, **Lt. Col. Chuck Capps**, and more than 100 volunteers who worked through the nights made a real difference, whether it was soothing a crying baby for a tired mother, tracking down a lost article for a desperate teenager, or handing a teddy bear to a dazed toddler, I was truly inspired by the human touches I saw. Thank you to all who participated, particularly our partners at Charleston County Airport Authority, the American Red Cross and the corporations who offered free services for the returnees.

#### **Hockey**

In another show of support from the community, the Stingrays are hosting a military appreciation night Saturday. The game starts at 7:30 p.m.; arrive by 4:30 p.m. to watch our Air Force hockey team beat the local

Navy team again.

#### **Awards**

Air Force-level maintenance awards were announced this week, and **Tech. Sgt. Jason Hanks**, 373<sup>rd</sup> Training Squadron, won the Air Force's Lt. Gen. Leo Marquez maintenance award in his category. Additionally, the **437**<sup>th</sup> **and 315**<sup>th</sup> **Aircraft Maintenance Squadron** were named the Air Force's best large aircraft maintenance units. We also learned that **Staff Sgt. Jeremy Lilly**, 437<sup>th</sup> Operations Support Squadron, is Air Mobility Command's Survival, Evasion, Resistance, and Escape NCO specialist of the year. Congratulations to our award winners!

#### **Airman Leadership School**

Congratulations are also in order for the most recent Airman Leadership School graduates. We were pleased to have AMC Command Chief Master Sgt. Michael Kerver here for a visit and as a guest speaker at the graduation ceremony.

#### **Shadow**

**Senior Airman Diana Fratichelli**, an aircrew life support journeyman with the 437<sup>th</sup> OSS, was my shadow Tuesday. She was last year's 437<sup>th</sup> Operations Group airman of the year and has also been a Diamond Sharp winner.

#### Women's History Month

The base's Women's History Month celebration will culminate today with a 4 p.m. formal retreat ceremony. Men and women who would like to participate can contact **Airman Heather Hildrich** via e-mail.

As Team Charleston continues to sustain a huge cargo flow and launch multiple daily C-17 missions in support of current operations, keep safety uppermost. Everyone has a vital role in overall mission accomplishment; you directly contribute to the capability of our troops overseas. I am extremely impressed with the professionalism I see every day. Keep up the good work!

## Action Line addresses airline tickets, official government travel

Q: I am a single NCO leaving for an overseas assignment, taking leave en route to drop off my private vehicle in Virginia with my parents. I have passenger reservations leaving from Charleston International Airport. I needed to change my departure location to Norfolk, Va. The Transportation Management Office will not change my departure location on a civilian flight, even if I am willing to pay the difference. I have been told I can reserve my own ticket and file it on my travel voucher when I arrive at my overseas base. However the ticket price is \$800 higher for me to pur-

chase. I am worried about being reimbursed for the entire amount. Once I drop my car off in Virginia, I have to pay for transportation back to Charleston and fly from here. Why am I expected to pay this expense to fly to Charleston when it would just be as easy for me to fly out of Virginia, especially when I am willing to pay the difference of the military travel rate? I thought I joined an organization that took care of its people and worked smarter not harder. I see this as a possible problem for other single airmen. I would appreciate any help in this matter.

A: Thank you for your inquiry regarding airline tickets when leave travel is in conjunction with official government travel. Air Force instructions make the use of the General Services Administration Airline City Pair Program mandatory for people on military orders. The contract airfares offered under this program average a 72% discount off comparable commercial fares, saving the government more than \$2 billion a year. Those savings come with restrictions: we may use these airfares for official travel only, not to and from leave points.

When on official PCS or TDY orders, you are authorized travel at government expense

from your duty station to any point authorized on your orders. When you want to take different routing, you can make alternate travel arrangments; however, reimbursement is limited to the cost of the government contract fare between authorized points on your orders. For additional information, call Traffic Management Flight Passenger Travel Section, 3-3059. Thank you for your call, and all the best in your new assignment.

— Col. Brooks Bash 437 AW commander

action@charleston.af.mil 963-5581

## **Dispatch**

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## Family readiness paramount during tropical storm season

Lt. Col. Brad Barnett 437 AW Wing Plans chief

The 437th Airlift Wing Plans office holds several war, contingency and operations plans for the wing.

These plans often task units and personnel for deployment. Many of us have been or are about to deploy in support of one of these plans. Are you ready?

Often we answer this question and determine our personal readiness for deployment by whether we have our mobility bags, mobility folders and a suitcase packed. This is not the final measure.

While these are important items for the deploying member to consider, you also need to consider the state of your personal household while you are deployed.

How or who will take care of your family and home while you are gone? Current deployments can be as long as 179 days for individuals on ground orders.

With this in mind, what events could take place while you are deployed? One contingency rapidly approaching is tropical storm season

While Charleston AFB and the tri-county area were fortunate the last three years, time is not on our side. In the recent past, we have evacuated aircraft here several times and have recommended the evacuation of certain areas of Charleston due to threatening storms.

Chances are we will see the need to evacuate the base and the surrounding area

#### worth repeating



"The bottom line for you and your family is to have a plan and stick to it."

-LT. COL. BRAD BARNETT 437th Airlift Wing Plans chief

this season. You must consider this possibility in your preparation for deployment. The first step is to ensure you prepare your family and plan for a potential evacuation order during a tropical storm or hurricane.

Your unit should have a copy of your family's hurricane evacuation plan. Ensure the information they have is up-to-date prior to your deployment.

The following are a few essentials you should consider during planning, but it is not a complete list. Tropical Storm season is from June 1 through November 30. The Family Support Center sponsors a seminar and provides handouts each year (usually around June 1).

You should also have the CAFB 32-4 Natural Disaster Pamphlet provided to you when you in-processed. If you need a copy, see your unit disaster preparedness representative or visit 437th Civil Engineer Readiness in Bldg 236.

Map out your family's planned evacuation routes, ensure you consider food and water for travel and leave a supply of food and water at your home for your family's return. Your family should know where they plan to evacuate and provide a third party contact for you or your unit to reach them.

They also need to know the 1-800-435-9941 number to the Air Force Personnel Center. Your family should call this number upon reaching their safe haven and can obtain further information on base status and whether they should return to the area.

During your planning, you also need to consider what you will do with the family pet; local shelters do not take pets, only people. The Tropical Storm link on Charleston AFB's public website is: www.charleston.af.mil/chasweb/links/ hurricane links.htm.

If your family has questions regarding tropical storms or hurricanes, they should call the Family Support Center for further information.

The American Red Cross also provides some information for family members. Local businesses have hurricane shopping lists and storm tracking charts. Your family should make the decision to evacuate early. During the last evacuation, it took 12 hours for a car to reach Columbia, S.C., with both lanes traveling in one direction.

The bottom line for you and your family is to have a plan and stick to it.

## **Charleston chat**

## What were your reactions when the United States went to war with Iraq?



"I was excited; we are finally taking action. Some people only respond to force."

Staff Sgt. Kenny Scott 375th Maintenance Squadron



"I was horrified ... it was so real. My generation hasn't experienced anything on this scale."

Senior Airman Jamie Clark 437th Communications Squadron



"I was surprised to see our POWs so quickly. It's depressing to see your soldiers on TV."

Sergeant 1st Class Wilbur Taylor II 1189th Terminal Transportation Brigade



"I know this was something we needed to do and was glad we had finally begun."

–1st Lt. Clint Fisher 437th Mission Support Squadron



"It was a good idea, but I always hate war."

Donald Bateman Air Force retriree





Above: More than 300 family members and non-essential civilian employees from Incirlik AB, Turkey, arrived at Charleston International Airport, S.C., March 21. They left the air base after security concerns increased in Southeast Turkey.

Left: American Red Cross Disaster Relief members provide food to family members and civilian employees from Incirlik AB, Turkey.

## **Family members return home from Turkey** Voluntary relocation in response to increased security concerns

**By Airman Stephanie Hammer** 437 AW Public Affairs

The first of several flights contracted to bring nearly 1,300 Air Force family members and non-essential civilian employees from Incirlik AB, Turkey, arrived at Charleston International Airport, S.C., March 21.

Armed with teddy bears, cell phones and dog biscuits, more than 100 members of Team Charleston and the local Red Cross met the first 312 passengers, including 167 children and 4 pets, at 3 a.m.

"Being that close to the current operations, (family members) might be uncomfortable, and we're here to offer them the opportunity to come back to the United States," said Lt. Col. Charles Capps, 437<sup>th</sup> Mission Support Squadron commander.

The voluntary relocation of Incirlik AB is in response to increased security concerns and offers family members and non-essential civilian employees the option of departing Turkey should they feel the need to do so.

Passengers stepped off the plane to find everything they needed to help them make a comfortable transition from Charleston to their chosen United States safe havens.

Organizations from across Charleston AFB greeted individuals with financial help, plane tickets, hotel reservations and warm cups of cof-

"We're here to provide comfort services to help families come back to America at a stressful time," said Ben Myers, director of disaster services for the Lowcountry Chapter of the Red Cross, who donated more than 500 teddy bears to the children coming off the planes.

"It was a long trip back," said 5year-old Alex, an Incirlik family member, who was all smiles as he clutched a teddy bear. "I just can't wait to have spicy meatballs and go fishing."

But the safety and care of children wasn't the only thing on the minds of volunteers. Veterinarians were standing by to provide services needed to keep the animals in the families healthy, safe and happy.

"For a lot of people, bringing their animals is just as important as bringing their kids," said Army Capt. April Ulmer, 437th Services Squadron veterinarian. "And animals can have a lot of the same health problems humans have, but we're ready with first aid kits. We're also here to feed, walk and groom them

before matching them back up with ber." their owners."

Family members receive full travel per diem for the first 30 days here, according to Air Force Personnel Center officials. From days 31-180, they will receive 60 percent of the per diem. Also included in their initial entitlements for relocation, is a maximum \$10 per-day local travel allowance.

"The safe haven entitlement enable these family members to live comfortably while they are separated from their (home, schools, friends, neighbors and community)," said Peggy Rayfield, Air Force Personnel Center Family Matters Operations.

When families leave the Charleston area, they're not alone.

"No matter where the family goes in the U.S., Air Force family support centers will be keeping an eye on them," said Flora Hoss-Mason, 437th Mission Support Squadron Family Support Center director. "Once families leave Charleston and arrive at their safe haven location. the closest FSC contacts them to offer assistance and connect them to the Air Force community. It makes a big difference in how they feel about the (relocation) and being separated from the military mem-

Although Department of Defense officials said there is no specific threat to American military forces in Turkey, there is a general threat of danger to the Americans in Southeast Turkey. Officials emphasized the cautious thing to do to keep families as safe as possible is to take them to a safe haven in the United States.

"There are a lot of people with mixed emotions," said Chaplain (Capt.) Chuck Knauer, 437th Aerial Port Squadron chaplain. "They're tired and anxious, but we're here to meet their total needs. If we get them safely back home, then we've done our job."

Despite a long 18-hour flight, many people were in good spirits.

"It went very smoothly," said Michelle, an Incirlik family member, pregnant with her first child. "It was a hard decision. I left the most important thing (her husband) behind."

Michelle added that she never felt threatened in Turkey and would "definitely go back." But most importantly, she, and many others, just wanted their family members and the armed forces overseas to "make (the war) quick so you can all come home."

## Reserve airman thinks quick, halts suspect from running checkpoint near Aviation Ave.

First thought was, 'don't let him get on base ... I just wanted to stop him.'

By Staff Sgt. Melanie Streeter 437 AW Public Affairs

A suspected criminal's run from justice ended at Charleston AFB's security checkpoint near Aviation Avenue March 18, when a Reserve airman thought quickly and acted immediately to halt him in his tracks.

Airman 1<sup>st</sup> Class Rebecca Ireland, 315<sup>th</sup> Security Forces Squadron, said she was just doing what she had to do to keep him from entering the base.

"As soon as I saw the car, my first thought was, 'don't let him get on base," the Orlando, Fla., native said. "I wasn't worried about anything else. I just wanted to stop him."

But stopping a speeding vehicle is no easy task, and Ireland didn't have much time to come up with a solution.

"At about 2 a.m., we were at (the checkpoint near Aviation Avenue) when we heard sirens and saw flashing lights," Ireland said. "Then I saw the car coming toward us, so I pulled the star barrier into his way. It looked like the car blew up, but it was just sparks flying. The



A suspect's car was totaled March 18 when an airman stopped him with a star barrier after he attempted to run the Aviation Avenue checkpoint.

barrier dug a rut."

The North Charleston police, who had been in pursuit, and Army National Guardsmen assigned here apprehended the vehicle's driver, who had several warrants out for his arrest.

"Looking back, after they took him away, there were so many ways it could've happened," Ireland said. "At the time, nothing went through my mind but getting that barrier out. It was just 'do what I can to stop him,' with no thoughts for my personal safety."

She didn't think until much later about the potential outcomes, Ireland said.

"He could've swerved to miss the barrier and hit the gate shack, where we all were," she said.

According to Senior Airman John Matecki, 437<sup>th</sup> Security Forces Squadron, it was a close call.

"Ireland went above here call of duty an draged the star barrier out in the on comeing lane a traffic," said Matecki. "She had about a half second to get out of the way before the car struck the barrier.

"I think what Ireland did is one of the fastestthinking things that I have seen in my six years in the Air Force, and the actions that she took potentially saved lives," he continued.

Irelands coworkers weren't the only ones impressed.

"Airman Ireland did a great job in resolving this dangerous incident," said Maj. Jeffrey Hunt, 437 SFS commander. "I tell all of my defenders that there may be a one in a million chance that a dangerous incident confronts them, but they have to be ready to respond and succeed 100 percent of the time.

"Airman Ireland's quick thinking stopped a dangerous individual who was speeding toward our base," Hunt added.



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#### 'I'm here, scan me'

A tracking system traditionally used for non-combatant evacuations was also used during the voluntary relocation of family members from Incirlik Air Base, Turkey, March 21-Saturday.

Every adult and child donned a bracelet containing electronic basic personal statistics, including name, age and social security number, prior to boarding the aircraft bound for Charleston International Airport.

"We want to make sure everyone arrives safely and is accounted for," said Chief Master Sgt. Johnny Cunningham, 437th Mission Support Squadron. "This is great technology and provides a system of checks and balances.

As soon as people walked into the terminal their bracelets were scanned and the data fed to a DOD database. Cunningham said families seemed to appreciate the extra effort to ensure they arrived. "People would come up and say, 'I'm here, scan me."

## Cassidy, history arrive on C-17 here March 18 Former MAC commander: '(C-17) biggest Game Boy in town'

By Maj. Linda Pepin 437 AW Public Affairs

More than just the arrival of Charleston's newest aircraft, the C-17 delivery March 18 represented a sort of culmination of history for those aboard.

Retired Gen. Duane Cassidy, former commander of U.S. Transportation Command and Military Airlift Command, AMC's predecessor organization, accompanied delivery official Brig. Gen. Mark Volcheff, Air Mobility Command deputy director of plans and programs.

Volcheff said when he learned he would be delivering the aircraft, he was eager to have Cassidy, who he calls the father of the C-17, along on the flight.

To understand his enthusiasm requires going back in time to 1969, when Gen. Jack Catton, commander of MAC, and his aide, Cassidy, delivered the first C-5 to Charleston AFB. Fast-forward 19

Retired Gen. Duane Cassidy, former U.S. Transportation Command and Military Airlift Command commander, accompanied officials March 18 on delivery of Team Charleston's newest C-17.

years, and it was Cassidy, now a four-star general, and his aide, Volcheff, delivering the 50<sup>th</sup> C-5B to Dover AFB, Del.

"When we were delivering that 50<sup>th</sup> C-5B, I mouthed off to him,"

Volcheff said. "He was talking about this great aircraft called the C-17. It hadn't even flown yet; it was just a dream still. I told him, 'when they build the 100<sup>th</sup> C-17, I'm going

with me.'

Though quick to spread credit when it comes to the C-17's origins, Cassidy's history is undeniably intertwined with that of the C-17.

"I started working on the C-17 in 1980," Cassidy said. While commander of MAC, he dedicated the building in Long Beach, Calif., where the aircraft are built. "I retired in 1989 so I never really got to see it in operation, but my son [Lt. Col. Michael Cassidy, deputy division chief of the Global Mobility Division at the Pentagon] flew the flight test on the airplane."

While praising the technology, Cassidy emphasized people as the key to the C-17's reputation.

"A lot of people worked very hard and were very stubborn to make sure we got what we wanted, but it's even better than we dreamed about," Cassidy said. "It's a great airplane. The guys flying it now really know how to use it. They're wizards. It's the biggest Game Boy in town, and to deliver it and you're going to be they know how to use it."



#### Earth-friendly fun

Fifth graders from Oakbrook Elementary School, Ladson, S.C., join in the festivities celebrating Earth Day 2003 at Charleston AFB. The event, sponsored by the 437th Civil Engineer Environmental Flight. brought more than 1,000 children to the base Wednesday to visit 30 environmental exhibits and learn more about caring for their planet.

## Unsolicited troop mail discouraged

To bolster force protection, the the names and addresses of indigeneral public is urged not to send unsolicited mail, care packages or donations to forward-deployed servicemembers unless they are a family member, loved one or personal friend, said Department of Defense officials.

On Oct. 30, DOD suspended the "Operation Dear Abby" and "Any Servicemember" mail programs because of force protection concerns. These programs can provide an avenue to introduce hazardous substances or materials into the mail system from unknown sources.

Unsolicited mail, packages and donations from organizations and individuals also compete for limited airlift space used to transport supplies, warfighting materiel and mail from family and loved ones.

Recently, DOD officials became aware of organizations and individuals who continue to support some form of the Servicemember" program by using

vidual servicemembers and unit

Some individuals and groups publicize the names and addresses of servicemembers, ships or units on Web sites. The result is a potential danger to the troops they wish to support.

People can log on to the following Web sites to show support:

http://www.defendamerica.mil/ support\_troops; html http:// www.usocares.org/home.htm; http://www.army.mil/operations/ iraq/faq.html

Another alternative is to visit Department of Veterans Affairs hospitals and nursing homes to volunteer services to honor veterans who served in past conflicts.

Mail from family members and loved ones has always been encouraged and the military mail system will continue to work hard to get that mail to servicemembers overseas, said officials. (Air Force Print News)

## AROUND THE AIR FORCE

## Roche urges civilians to register contact data

**RANDOLPH AFB, Texas**—Air Force civilian employees can benefit from the same next-of-kin notification process provided to the families of injured or killed uniformed airmen by providing their emergency contact information in a secure electronic file.

"So far very few of our civilians have registered. This is a great service to our total force that has never existed before," said Dr. James Roche, secretary of the Air Force.

The electronic form, on the Air Force Personnel Center Web site takes most people about 15 minutes to complete, officials at the center said. It asks them questions about which relatives to contact in an emergency.

Currently, most civilians' emergency contact information resides only with a person's supervisor, which is not much help in the many cases where the supervisor is unavailable, officials said.

Civilian members can access their record by logging on the AFPC secure Web site at <a href="http://www.afpc.randolph.af.mil/emds/default.htm">http://www.afpc.randolph.af.mil/emds/default.htm</a>. New users will need to first establish an account. Once logged in, civilians should press the "EMDS" button to access the form.

For more information, call the Air Force Contact Center toll free at 1-866-229-7074. (Air Force Personnel Center News Service)

#### Americans can show they care with "Gifts From the Homefront"

**DALLAS** – Americans can now make a significant contribution toward the morale and well being of a loved one, family member or friends associated with the U.S. military, regardless of where they are stationed. These "Gifts From the Homefront" CertifiChecks come as a result of a new partnership between the Army and Air Force Exchange Service and CertifiChecks, America's hometown gift certificate resource center.

Sending CertifiChecks is an excellent way for people to show their support of servicemembers. CertifiChecks are redeemable for

merchandise at all AAFES PX and BXs throughout the world. Details are available to anyone via the AAFES Web site at <a href="www.aafes.com">www.aafes.com</a>, and by phone at 1-877-770-4438. Sold by CertifiChecks, they can be purchased 24 hours a day, seven days a week, every day of the year, and come in denominations of \$10 and \$20. Each order includes a festive envelope.

Anyone may purchase these "Gifts From the Homefront" with a U.S. credit card or check, but only authorized AAFES customers can redeem them at any PX or BX throughout the world. At this time military authorities have advised that CertifiChecks can only be sent to a specific service member at his or her APO or US mailing address. AAFES is currently working to find a solution to allow CertifiChecks to be sent to units or non-specific troops. (AAFES News Service)

## Coalition leaflets provide safety instructions

#### **OPERATION IRAQI FREEDOM -**

Coalition aircrews dropped more than a million informational leaflets into Iraq Sunday providing a variety of messages, including instructions to Iraqi civilians and military troops about how to stay safe during coalition military activities.

The leaflets are part of an ongoing effort to inform Iraqi civilians and military troops. More than two million leaflets were dropped March 21-Saturday.

The leaflets expressed a variety of messages. A sampling of messages are:

- For your safety, stay in your homes and away from military buildings.
- Do not use weapons of mass destruction.
- Saddam Hussein's regime, not the Iraqi people, are the object of the operation.
- Tune to "information radio" for news and information.
- Instructions to Iraqi soldiers about how to surrender.

The leaflet drops are part of an information campaign that has been going on for months to support the disarmament of Iraq. Coalition forces have dropped more than 26 million leaflets since October. The objective of the campaign is to inform Iraqi citizens and soldiers to achieve the disarmament and liberation of Iraq with minimum casualties.

Since Friday, the coalition has dropped more than five million leaflets over Iraq. (Air Force Print News)

## Iraqi Freedom Coalition readies humanitarian aid

**CAMP AS SAYLIYAH, Qatar** – The U.S.-led coalition to disarm the Iraqi regime is poised to open massive channels of humanitarian assistance for the Iraqi people.

Millions of meals, medicines and other supplies for the Iraqi people are pre-positioned and ready for distribution, said Brig. Gen. Vincent Brooks, CENTCOM deputy operations officer, at a press briefing March 22.

"The World Food Program is gearing up for potentially the largest humanitarian operation in its history," said agency spokesperson Khaled Mansour at a March 21 press briefing in Amman, Jordan.

To date, WFP has received about \$44 million from various donors, including \$40 million from the United States. "This has allowed the agency to secure sufficient food to cover the needs of 2 million people for one month," Mansour said. (Special to American Forces Press Service)

## **Combat Camera Photo of the Week**



Flags keep family close

With three American flags on board his F-15E Strike Eagle, Lt. Col. Matt Meloy prepares for a mission March 16 at a forward-deployed location in Southwest Asia. Two flags in the front of the canopy represent his two kids and he carries one for his wife.

## **NEWS BRIEFS**

#### **Spotlight**

Housing: Starting Wednesday, the Housing Office will be looking closely at lawns and enforcing base standards. The majority of discrepancies are for lawns not mowed or edged and grass in the curb joints. Another area of concern is cluttered carports and lawn. For assistance keeping up with lawn care, there is a list of individuals who provide lawn care services at the Housing Office.

Lawn of the Month starts in May. The main ingredient for a good-looking lawn is a well-trimmed green appearance, flowers and decorations, housing officials said. For more information, call the Housing Office at 963-3868.

**Flowers:** The Self-Help Center will have flowers and shrubs available to basehousing residents Wednesday. They will have flowers including daylilies, azaleas, boxwoods, gardenias, tea olives and pine straw. For more information, call the Self- Help Center at 963-5059.

#### **Community support**

**Musical:** Disney's Beauty and the Beast Broadway musical will be at the North Charleston Performing Arts Center until Sunday. Military members can purchase tickets at a \$20 discounted price at the North Charleston Coliseum with the code "tcorp."

**Basketball:** There is a Lowgators' military appreciation night Friday, 7:30 p.m., at the North Charleston Coliseum. Tickets are \$7.50 for active duty and retired military personnel and their families. Tickets can be purchased until 3 p.m. Saturday by calling Lowgator representatives at 460-1002.

**Hockey:** There will be a Stingrays' military appreciation night Saturday, 7:30 p.m., at the North Charleston Coliseum. Parking is free and tickets are \$7 for active duty and retired military personnel and their families.

**Hockey:** Prior to the Stingrays' game on Saturday, the Charleston AFB hockey team will play the Navy Weapons station at 4 p.m.

## **Charleston Warrior of the Week**



## Tech. Sgt. Maria Dillingham-Greene 437<sup>th</sup> Medical Group

Tech. Sgt Maria Dillingham-Greene is the NCOIC of human resources development for the 437<sup>th</sup> Medical Group.

"I am the unit training manager, Emergency Medical Technician course coordinator for the base, Cardio Pulmonary Resuscitation instructor, Self-Aid and Buddy Care instructor and immunization back-up technician. I create and maintain training records for all medical group personnel. I schedule, oversee and conduct training classes," said Dillingham-Greene.

"I love the teaching aspect of my job. I love educating and I enjoy using my skills in the Immunization Clinic," said Dillingham-Greene. "My job allows for flexibility. I also enjoy working with different agencies like the Fire Department and the  $315^{\rm th}$  Aeromedical Evaluation Squadron, to name a few."

Dillingham-Greene has been at CAFB for about four years. "The base has undergone a lot of growth and development, and it is becoming very impressive each day," said Dillingham-Greene.

Dillingham-Greene's future plans are to complete her nursing degree.

In her spare time she enjoys singing and quiet activi-

**Church service:** St. George Church of God invites all activeduty military, veterans and their families for a service honoring their sacrifices Sunday, 11 a.m. For more information or driving directions, call Pastor Steve Brandenburg at 834-3940.

**Volunteers:** Charleston AFB has a strong partnership with the local community. Many base personnel help build and maintain that positive relationship through their community involvement. The 437th Airlift Wing Public Affairs office would like to support these base personnel by making sure they get the visibility they deserve. Please notify 437 AW Public Affairs at 963-5535, -3383 or -5657, of any volunteer events or requests received from the community.

**Tennis:** the Family Circle Cup tournament will be held April 5-13 at the Family Circle Tennis Center. Military personnel and their families will receive a \$10 discount on any daily admission ticket and 50 percent discounts on night session tickets. To purchase tickets,

call 1-800-677-2293, or 856-7900.

#### Around the base

Closure: Gross Avenue, between Dickson Avenue and Batson Drive, will be reduced to one lane of traffic through today to allow for new water main installation. Use alternate travel routes to alleviate congestion.

**Golf tournament:** The 437<sup>th</sup> Operations Support Squadron is hosting a golf tournament today, with a shotgun start at noon at Wrenwoods Golf Course. The cost is \$15 plus green fees and cart. Sign up at the 437 OSS orderly room or the golf course. For more information, call Staff Sgt. Mark Lewald at 963-5561.

**Committees:** Committees are forming to plan for the 2003 Senior NCO Professional Development Seminar, to be held July 22-24, and the Senior NCO Induction Ceremony July 24. To assist with the Senior NCO PDS, call Senior Master Sgt. George Broome at 963-4646. To assist with the Induction Ceremony, call Senior Master Sgt.

Susan Barnes at 963-5776.

**TRICARE:** Members of the Reserve component called to active duty for more than 30 days are eligible for TRICARE, the same as any active-duty servicemember. Families of these individuals may also become eligible for TRICARE if the sponsor is called to active duty for more than 30 days. For more information, call the 437th Medical Group TRICARE Flight at 963-6710 and 963-6706, or visit www.tricare.osd.mil/reserve.

**Committee:** Committee members are needed to assist in planning events in celebration of Asian/Pacific Islander month. Please call Capt. Heather Gordon at 963-3662, or Master Sgt. Sherley Jones at 963-7052 if interested. Family members are welcome.

Committee members are needed to assist in planning events in the Victims of the Holocaust Memorial Service. Please call Capt. Heather Gordon at 963-3662, or Tech. Sgt. Michael Hayes at 963-3655 if interested. Family members are welcome.

## **FEATURE**



Above: Airport officials off-load dogs and cats arriving at Charleston International Airport, S.C., after their families volunteered to relocate to safe havens in the U.S.

Right: Army Capt. April Ulmer, 437th Services Squadron veterinarian, transports pets from aircraft arriving from Incirlik AB, Turkey, to holding facilities where they were walked and given food and water.



Photos by Staff Sgt. Jennie Ivey

## Vets welcome pets with around-the-clock care

**By Airman Stephanie Hammer** 437 AW Public Affairs

Coming off the plane, the hustle of the terminal became overwhelming. Huddled back in a corner, trying to stay out of sight, a small whimper escaped as a woman in camouflage rapidly approached. With head down and tail tucked, the anticipation of what would happen next was almost too much for the timid animal. The unexpected, gentle scratch behind the ear ended in tail-wagging relief.

After an 18-hour flight, approximately 50 cats and dogs relocated from Incirlik AB, Turkey, were met by veterinarians and veterinarian technicians from across the Southeast at Charleston International Airport March 21 – Saturday.

The animal experts eased the pets' transition to their chosen U.S. safe havens.

"The stress of traveling always (increases) any health concerns we have for the animals," said Army Capt. April Ulmer, 437<sup>th</sup> Services Squadron veterinarian. "Some were slightly dehydrated, but that can be expected. There were no major heath crises.

"Probably the worst thing for them was they were scared," Ulmer continued. "But they come off the plane, they're healthy and they're ready to go home."

When the animals arrived at the terminal, technicians greeted them with first aid kits, food and water, and a little "TLC."

"Pets tend to travel very well, even though they're not with their families," said Ulmer. "I think the big thing for them is just hearing a voice and having someone reach in and touch them ... it makes a big difference."

From the terminal, the animals were transported to a holding facility near the flightline.

"A lot of people didn't know we were here, and this woman with a 100-pound rottweiler and three kids got off the plane and was panicking," said Pfc. Maria Moss, 437 SVS veterinarian technician. "It put a lot of people's minds at ease to know we are here."

Within 24 hours, the  $437^{\rm th}$  Civil Engineer and Services Squadrons helped transform an old building into an animal shelter. They built fenced-in areas to safely walk the animals and keep them off the flightline.

When families depart the airport again, the animals are escorted from the holding facility back to the terminal.

"I was worried about my cat," said 11-year-old Sarah, an Incirlik family member. "Now that I have her back, I feel much better. I'm glad someone was here to help take care of her."

One of the biggest challenges of the relocation procedure was keeping the clinic operating back at Charleston AFB, according to Ulmer. Several regularly-scheduled appointments had to be canceled.

"The military mission comes first," said Ulmer.
"We appreciate the understanding and support we received from the people at the base."

After the last plane landed, the people manning the VET station sat back and took a deep breath.

"People are very emotional about the care of their pets," said Lisa Wolken, 437 SVS veterinarian technician.

"With everything else going on, it means a lot to the families to know that their pets are okay," added Ulmer. "And we hope we have made it easier for them and the animals."

## **FEATURE**

Red Cross volunteers donated more than 500 teddy bears for the relocating military children from Incirlik Air Base, Turkey. The voluntary relocation was in response to increased security concerns due to the current conflict in Iraq. Hundreds of volunteers from **Charleston AFB** joined the Red Cross to smooth the families' transition from Turkey to their U.S. safe havens.

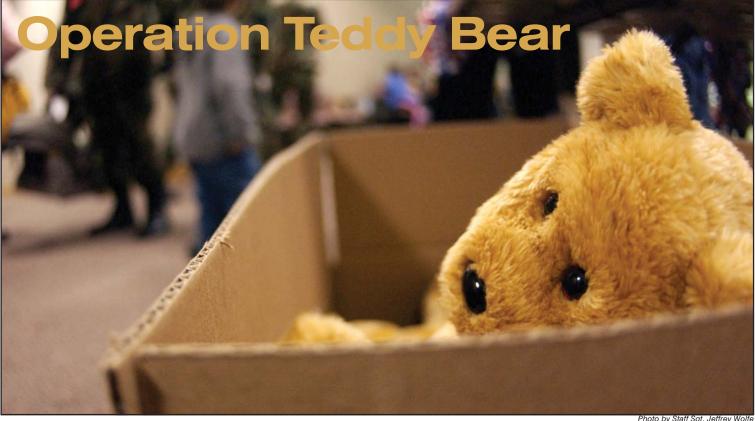












Photo by StaffSgt. Jeffrey Wolfe

### Chapel schedule



107 Arthur Drive Office: Monday-Friday, 7:30 a.m.-4:30 p.m.

Phone: 963-2536.

After duty hours, call the command post at 963-2531 for emergencies only.

Catholic Services: Saturday - 4 p.m. Reconciliation, 5 p.m. Mass. Sunday - 9:30 a.m. Mass, 9:30 a.m. Children's Church. Weekdays - 11:30 a.m. Mass. Sacrament of Baptism pre-baptismal classes are held the first Sunday of each month at 11 a.m. in the Chapel Annex.

Protestant Services: Sunday - 9:30 a.m. Sunday School in Bldg. 245, 11 a.m. Traditional Worship Service and 11 a.m. Children's Church. Sunday -9:30 a.m. Contemporary Worship Service in Bldg. 217 (old Chapel).

Buddhist: Columbia Shambhala Meditation Center, Suite 109, Columbia, S.C. 29405. Phone: (803) 254-9048.

**Orthodox:** Holy Trinity, Greek Orthodox Church, 30 Race St., Charleston, S.C. Phone: 577-2063.

Jewish: Synagogue Emanu-El, 5 Windsor Dr., Charleston, S.C. Phone: 571-3264.

Islamic: Al-Jami Ar-Rasheed, 1998 Hugo Ave., Charleston Heights, S.C. Phone: 554-1773.

### ovie schedu

Admission: 99 cents for adults and children. Any person under 17 years of age requires a parent or adult guardian (a minimum of 21 years old) to purchase an admission ticket for the minor to view R-rated movies. The ticket office opens 30 minutes prior to start of movie, unless otherwise noted.



Movie schedules are provided by AAFES. Patrons should call 963-3333 to verify movie titles, running times and start times,

which are subject to change.

#### Tonight, 7:30 p.m. "How to Lose a Guy in 10 Days"

Andie's on a mission to find a guy, get him to fall in love with her, then make all the classic dating mistakes so he'll dump her within 10 days. Too bad her target is Benjamin, who just made a high-stakes bet with his boss that he can make a woman fall in love with him in 10 days. (PG-13) 118 minutes

#### Saturday, 7:30 p.m. "Dark Blue" - Kurt Russell

Feared on the streets of L.A., veteran officer Perry and rookie officer Keough of the elite special investigations squad investigate a highprofile homicide. Officer Perry is feared on the streets and Officer Keough soon learns that cops aren't above the law, but sometimes they operate outside it. (R) 118 minutes

April 4, 7:30 p.m. April 5, 2:30 p.m. "The Jungle Book 2" – Animated

## **SPORTS & FITNESS**



Members of Team Charleston participate in a cycling class in the early morning hours at the Fitness and Sports Center here. Cycling is a selfpaced heart rate training exercise program geared toward cardio training.

## **Sycling** Instructor uses 'training recipe' to put unique spin on lower-body workout, cardio training, burning calories

Story and photo by Tech. Sgt. Ruby Zarzyczny 437 AW Public Affairs

The Fitness and Sports Center offers indoor cycling classes, a low impact aerobic exercise, weekdays and Saturdays.

Indoor cycling is a self-paced heart rate training exercise program great for lower body and cardio training, and it burns calories too, said coach and cycling instructor MaryBeth Bash. "I've seen a lot of people in my class lose the weight," said Bash.

Retired Chief Warrant Officer Paul Howard participates in the noon cycling classes to supplement his fitness program. He said the indoor cycling class has been a great alternative exercise.

"I used to run, but I hurt myself running about a year ago," said Howard. "It's a great workout because it gets your heart rate up, your

## breathing up, and it's a good workout tion class to new comers because for your legs."

To keep the heart rate at a target level for a specific amount of time the instructor creates a "training recipe," said Bash. The beats of the music and the tension on the wheel help increase and decrease the training

heart rate.

At the front of the class there is an age-specific heart rate chart for the cyclists to use to gauge their progress. The cyclists regulate their heart rate and monitor their progress with a wrist and chest heart monitor provided by the FSC.

"The fitness center does a tremendous job with the fitness facilities and equipment here," said Howard. "If you go to (other bases), you won't find anything like this."

New cyclist orientation classes are offered Mondays, 8 p.m., for people thinking about participating in the classes. "I recommend the orientathey can get individual instruction on the heart monitors and learn how to adjust the seat and handlebar height for a more comfortable ride," said Bash.

The FSC is constructing a new indoor cycling room, said Senior Airman Jessica Fruth, 437th Services Squadron fitness specialist. The new cycling room will have a u-shape arrangement and a multi-level platform cycling stadium. It will also have an instructor platform where the instructor will be able to control the lights, music and action.

The action will be projected onto two full screens mounted on the wall and controlled by the instructor, said Fruth. The screens will display scenes simulating riding in a race, on mountain paths, beaches, moonlit trails and more.

The new room will open in late April, said Staff Sgt. Margo Ham, 437

For more information on cycling, call Staff Sgt. Hamm at 963-3347.

#### **Indoor Cycling Class schedule**

**Mondays** 5-6 a.m., 6-7 a.m., noon-1 p.m., and 4-5 p.m. Orientation: 8-8:30 p.m. **Tuesdays** 5-6 a.m. and 6-7 a.m. **Wednesdays** 5:30-6:30 a.m., noon-1 p.m., and 4-5 p.m. **Thursdays** 5-6 p.m., 6-7 a.m., 4:30-5:30 p.m. and 5:45-6:45 p.m. **Friday** 5-6 a.m., 6-7 a.m. and 12-1 p.m. <u>Saturday</u> 7:30-8:30 a.m.